

# Idaho Lifespan Family Caregiving Action Plan

*Why it is important to you...*

**Who are family caregivers? One in every four Idahoans is a family caregiver.**

- They are your brothers and sisters, parents and grandparents, children, cousins, friends.
- They are among the thousands of Idahoans who spend time every day without compensation taking care of a frail senior, a family member with a disability or mental illness, or a child with significant behavioral or health care needs.
- They are you.

**Why does it matter? Caregivers play a critical role and need support.**

- There are fewer working adults to provide family caregiving.
- Family caregivers manage increasingly complex medical tasks without the training they need.
- Caregiving takes its toll on the caregiver's health and wellbeing.
- Caregivers are often isolated, frustrated, and exhausted. They are burning out and need help.
- Supporting caregivers makes good economic sense. Without the support from family caregivers, the need for costly institutional care will increase.

**What can Idaho do to support caregivers? The plan identifies four goals.**

The Idaho Lifespan Family Caregiver Action Plan is proactive; taking action now will prevent or delay the need for costly institutional care, maximize independence, and keep families together in their communities. The plan details the following goals:

**Goal 1:** Ensure a streamlined, coordinated system of supports for caregivers across the lifespan, recognizing the unique needs of Idaho's diverse population.

**Goal 2:** Increase public awareness about unpaid family caregiving and help people within our communities identify as caregivers.

**Goal 3:** Recognize the importance of family caregiving and embed the voice of family caregivers in policy and system change.

**Goal 4:** Ensure a coordinated voice for family caregivers in Idaho through the development of a sustainable structure for the Idaho Caregiver Alliance.

**Now What? We need to work together.**

Now that we have a plan, we need to work together to achieve the goals. All of us have a part to play, whether it is reading the plan and becoming familiar with the issues, or helping to identify an organizational home and funds to sustain the work of the Idaho Caregiver Alliance. It is important we ensure the momentum established by this plan is not lost. For more information on how you can help contact Dr. Sarah Toevs, Ph.D. at [stoevs@boisestate.edu](mailto:stoevs@boisestate.edu) or Pam Oliason at [Pam.Catt-Oliason@aging.idaho.gov](mailto:Pam.Catt-Oliason@aging.idaho.gov).

**Where can I find a copy of the plan? A complete copy is available at:**

<https://hs.boisestate.edu/csa/files/2016/09/Idaho-Family-Caregiver-Action-Plan-pdf.pdf>